

T H E

NEW

FILLMORE

Volume 4

Number 9

January 1990



—Photo by Ginny Lindsay

- ▶ Hospice heroes
- ▶ Quake round-up
- ▶ New Column—Beginning antiques

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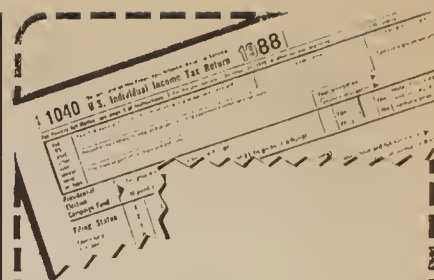
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Controversy over Saint Rose closure

Saint Rose Academy announced on November 29, 1989 that it would be closing its doors to students after the class of 1990 graduates, and no one is very happy about it. The Catholic high school for girls founded in 1862 had to close its main building due to earthquake damage (also see page 22). Classes have been held at Rose Court, across the street, since October.

Dwindling matriculation at the school and at Catholic institutions city-wide, as well as a deficit operating budget for the last four years were given as reasons for the closure. Refurbishing the building which was damaged during the earthquake would cost \$11 million, a figure which made any long range plan-

ning program unrealistic, according to Sister Kristin Wombacher, Prioress General of the Dominican Sisters.

She said that it was a very difficult decision for the sisters who have been there for so long, but that even if they were to rebuild the school it would take at least two years, and meanwhile classes would have to be carried on in the current post-quake makeshift manner.

"It seemed wiser not to let it just dwindle away by attrition," said Wombacher.

Some of the parents of St Rose's students have joined to attempt to fight the closing. They claim that their daughters

Continued on page 5

Millard and Martin

Ah yes, January. That most happening of months. On January 15 we celebrate the birth of the great civil rights leader, Martin Luther King Jr. But we shall hear enough about that elsewhere. Rather, consider this; January is also the birth month of the illustrious Millard Fillmore, for whom the street, and by association, our newspaper, is named. Fillmore, thirteenth president of the US, was born on January 7, 1800 in Locke, New York. His was a typical young life as a frontier pioneer, suffering hardships and working on the farm. He had the usual apprenticeship, and would occasionally attend school, when the harvest was in, or when the mood struck

(often in a young boy on the farm).

Fillmore became vice president in 1848, on the Whig ticket with Zachary Taylor. Taylor died on July 9, 1850, leaving Fillmore president. The Whigs were soon divided over the slavery issue.

Continued on page 4

Begin an antique education

The new year is a good time to begin learning about antiques, at least we thought so, which is why we are offering a new column by antique expert Gillian Windsor-Morgan on page 15.

Briefs

Hear Jerry talk

The North by Northwest Democratic Club announces that Governor Jerry Brown will be addressing its first general membership meeting, for January 23, 1990 at 7:30 pm. Also invited to appear is Supervisor Angela Alioto.

San Francisco has many Democratic Clubs, representing various special interests and serving several areas of the city. The North by Northwest Democratic Club has been formed by community residents volunteering their time. One goal is to provide a forum for raising and addressing issues of concern to our neighborhoods. The group also plans to sponsor public symposiums on issues of interest to everyone in San Francisco—the future of the Presidio and public transportation, for example.

For further information contact either Andy, 781-8900 or Sarah, 567-6100.

Amelia expansion still under fire after concessions

The planned second phase of the Amelia Complex, on Sutter Street, is still the target of neighbors' darts. The Western Addition Neighborhood Association presented a letter on December 12 which proposes design alterations which they claim would make the neighbors happy, and still ensure a substantial profit for the developer.

The letter calls for the plan to be reduced in size by about 3000 square feet, to avoid shadowing of adjacent backyards and to prevent the destruction of two old Magnolia trees.

"Our evidence is absolutely irrefutable," said Brett Gladstone, President of WANA, adding that the alterations were minor. Included in the letter was a list of twenty-one individuals who had approved the new proposal.

However, Joe Skiffer, developer of the project, said that he had already made major concessions to the neighborhood. His revised plan eliminates about 1500-1800 square feet, turn-

ing three one-bedroom apartments into studios. This will decrease the density of the structure, and save the trees from damage. The height of the building along Sutter Street will be lowered, to blend more harmoniously with the existing building. Shadows would only be cast on a shed and a parking lot, he added.

"The plan (WANA's) makes no sense from an economic and design standpoint," said Skiffer. "The design they suggest would be a pure disaster."

"Three quarters of the retailers (in the Amelia) support him," said Martha Johnson, owner of the Trio Cafe, located in the complex's first phase. The merchants have sent a letter in support of the project to the Redevelopment Agency.

Skiffer's revised plans are scheduled to be presented to the members of WANA by the Redevelopment Agency at their meeting on January 17.

—Erin McNeill

The New Fillmore

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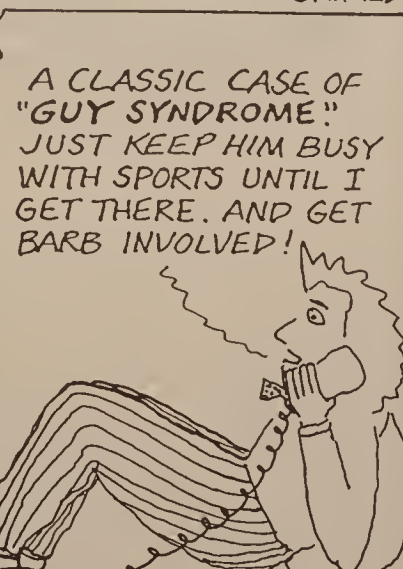
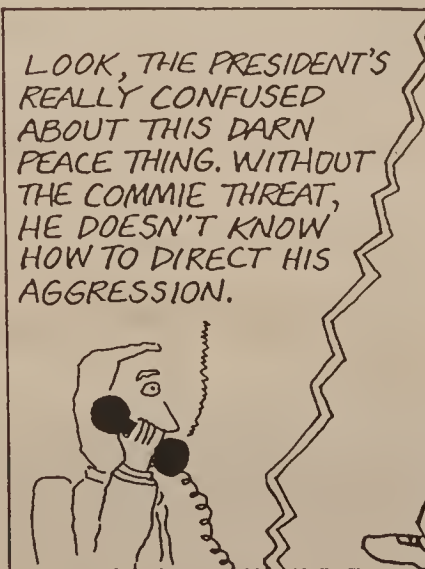
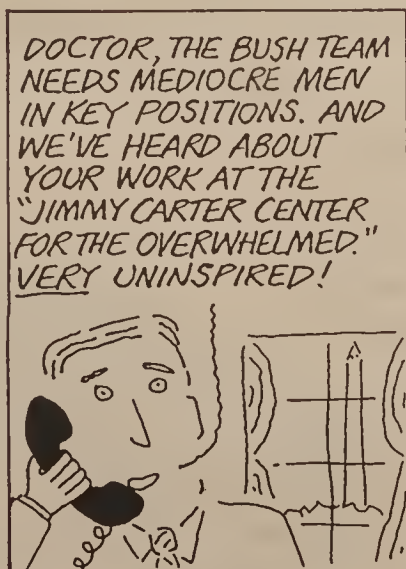
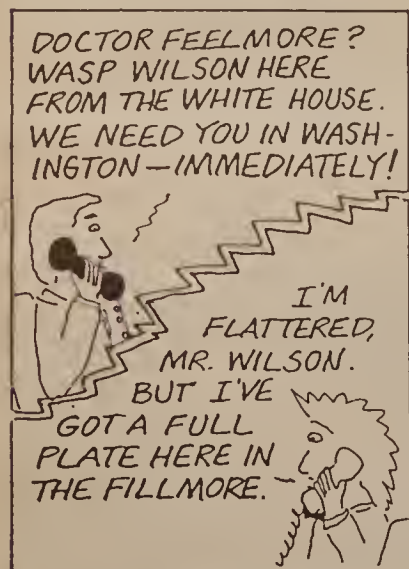
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Fillmore,
from page 3

Fillmore favored compromise to pre-serve the Union. Some say his greatest contribution while in office was install-ing a bathtub in the White House.

In 1856 Fillmore got the presidential nomination of the Know-Nothing Party.

Officially the American Party, it arose in response to an influx of German and Irish immigrants, and stood on such all-American principles as the exclu-sion of Roman Catholics and foreigners from public office.

Fillmore died in 1874. One writer said of him that, while his preserved letters and speeches make him seem "singu-

larly colorless, his contemporaries have left testimony to his impressive pres-ence, kindly blue eyes, and gracious manner." That's what they said, any-way. The Millard Fillmore National Society was formed in his honor, sort of, but that glorious organization is now defunct.

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The neighborhood rebuilds from the "Pretty Big One"



The Presidio Library on Sacramento Street was slated to become a depository for the Main Branch of the Library, but neighbors successfully fought to keep it open.

Rising from and going to ashes

Rebuilding the Neighborhood has not been a very speedy process after that big earthquake way back in the 80s. But then no one really expected it to be.

The Korean Presbyterian Church has run into a bit of a catch-22. The city urged the church to demolish its unsafe building. The congregation hoped to rebuild on the same site, but does not have the \$11 million to do it. They have found and opened escrow on a new building in Daly City, and plan to sell the old plot on Geary Street. Now, they have been unable to obtain a permit to demolish the building, said Kyong Lim, wife of minister Dong-ha Lim, because the Heritage Foundation has recommended the old building be preserved. The Church cannot sell the land with the unsafe building still in place. They have already paid a \$40,000 down payment on a \$130,000 demolition contract. It is left with a building it cannot afford to rebuild, cannot take down and cannot sell.

—LIBRARY STAYS OPEN—

The Presidio branch library will open its doors to the public again, although it had been slated for permanent closure. The Library Commission had planned to use the building for storage of materials from the main library. The branch will reopen on January 23, but it is due

for some renovations, seismically suspect. A three-part program costing more than \$500,000 includes reinforcing the walls, adding greater wheel chair accessibility and checking for asbestos. The library is one of the first on the list for these renovations.

—FILLMORE LIVES?—

The Fillmore Auditorium may once again be open for shows. David Mayeri, general manager of AKG, a division of Bill Graham Presents, said that they are trying to do whatever possible to help the owners, Burt and Regina Kortz, but added that it is going to take "a good six figures to fix."

"It has a strong emotional attachment for us. We are trying to be as positive as possible."

—QUESTION 2000—

The Macedonia Missionary Baptist Church is still meeting at the Booker T. Washington Community Center since their building on Sutter Street was yellow-tagged after the earthquake. The building would require much interior and exterior structural repair, and was already urgently in need of repairs before the latest jolt. Whether to rebuild on the site, or to sell and find a new location is "still up in the air," said Sy Simon, Trustee Board member. If it is destroyed, 2000 Post Street apartment



St. Rose's on Pine Street was damaged during the quake and now will be closed and the land sold.

Parents angry about St. Rose shutting down, (from page 3)

will have to go to inferior private Catholic schools, including the other school run by the Dominican Sisters in Marin County (a long commute), or to public schools.

"Girls that were planning to go to Stanford or Berkeley won't be able to get in," said John Mathers, a parent. "It's not a pretty picture."

Some have questioned the Board's reasoning. Joan Smith, Director of Development and Public Relations, said that a new recruitment plan would attract enough students to keep the school

open. She said that while there were only 38 in the Freshmen class, down from the senior class of 91, they had already recruited 35 new students, and that 77 was enough for a class. Smith added that the deficit was "nothing terribly serious."

Some parents have charged that the decision was based on a profit motive. Mathers fears that the sisters will subdivide the San Francisco property, selling it in separate lots which would increase the value from about \$3 million to \$4.5 million or more. The Dominican Sisters own only the Rose Court property, across the street from the Academy. The school building is on land owned by the Dominican Fathers, who also own St. Dominic's Church. Mathers added that the parents were considering legal action.

Parent and alumna Linda Kitch said that one parent had offered to pay whatever it took to refurbish the school and keep it just as is, but the board had not responded. She said that the parents had only been given three days to get their finances together, which was not enough time.

Sister Wombacher said that while the parents did sign a pledge, they never stipulated how much it was for. "No one has pledged \$11 million," she said.

—Erin McNeill

complex will have its eyes on the property. The Macedonian Church is forty-seven years old, and was one of the largest black churches in San Francisco until about five years ago when membership started to decline. It has been at this location for over thirty years. They hope to make the final decision on the fate of the church's building this month.

—TOWERING ANSWER—

Saint Dominic's was able to open the main chapel for services on Christmas. Removal of falling plaster has been completed inside the nave, and repairs to the tower should be completed in about a month.

—Erin McNeill



After the quake it looked as though The Fillmore Auditorium would be condemned, but damage is apparently not as bad as feared, and it may once again be open for shows.



Out with the old and in with the new. The Korean Presbyterian Church on Geary Street was slated for demo (but that's now on hold). Meanwhile, behind it rise the spires of the new Tishman project.

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and drifting deep
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so then dream
dream the night
giant blue titans
peace-making men
dream to the Pacific song
of the eagle-dove
and smile eternal
midnight-sons
smile to know the love
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Hospice by the Bay eases the pain of dying

Hospice by the Bay, which opened its headquarters in our neighborhood in the Red Cross building at 1550 Sutter Street in 1987, was started to provide terminally ill patients with the opportunity to die at home with the care and support of friends and family, rather than in a hospital or institutional setting. The hospice headquarters are just that—headquarters, with no caring facilities. Ninety percent of the 77 people currently administered to through the hospice program are in their own homes.

"It's not a location," Michael DeMoss, director of the program's public relations says. "Some people don't understand hospice. Our patients could be anywhere."

The word "hospice," as now used in the United States, has been extended to embrace the concept for a kind of care being provided the dying, rather than the place where it is being provided. It means a helping relationship in a situation where everyone understands that death is inevitable.

Hospice by the Bay provides support to the patient and caregiver with three types of professional personnel: a psychological/social worker, a nurse, and a certified home health aide. A volunteer makes a fourth member of this team. The same hospice team is with the patient until death, different members on different days. For instance, a home health aide may do daily household chores, cook, and turn the patient in bed, while a nurse may only be needed once a week.

less. Hospice exists to help care givers and the patient by providing supportive medical care and housekeeping services. In transition from life to death, the terminal patient doesn't need institutional care, according to the hospice philosophy.

There is a waiting list for Hospice by the Bay as there is for the Coming Home Hospice in the Castro district, and Hospice of San Francisco.

Hospice has a staff of about 45 people and relies heavily on volunteers. There are 30 active patient care volunteers and 15 other volunteers who do office work, fund raising, produce a quarterly newsletter, write grants, keep statistics and track donations. After training, the volunteers visit patients and follow through with bereavement visits, where indicated.

On a Saturday morning volunteer Ray Rantapaa, 45, visits one of his four patients, Mal Hamon, 56, for a couple of hours. Mal, who has terminal cancer, lives in a Sacramento Street apartment across from Lafayette Park. He has taken up smoking cigarettes again, because he enjoys it. Regular Shermans and Pall Malls, both unfiltered, rest in two red paper packs on the right arm of his chair. Mal says Bill, his roommate, doesn't like cigarette smoke, but they've been together long enough for this tolerance.

Next to Mal's armchair is an electric oxygen machine, a walker and a wheelchair, all equipment from Hospice.

Mal and Tyrone, another volunteer,



Theresa Dangan, executive Director of Hospice by the Bay with Intake Coordinator Jennifer Winters before Christmastime preparing poinsettias and vanilla cookies for distribution to their clients.



Hospice volunteer Ray Rantapaa visits with Malcolm Hamon, a client of Hospice By The Bay, whose mission is to provide comfort to the dying and their families.

Started by Theresa Dangan, Hospice by the Bay is a service agency of the Community Hospice Foundation of the Bay Area which was begun in 1982, fairly well on in the Hospice phenomenon, which began in the United States in 1974, imported from European models.

Patients, their doctors, or families can initially contact Hospice. Prospective patients are interviewed by a nurse. Hospice provides bereavement care for the patients' families and loved ones for up to a year after death.

The requirement for Hospice care is a doctor's diagnosis of terminal illness with life expectancy of six months or

sometimes go to Lafayette Park for an hour and a half. "I don't want chemotherapy," Mal says. "I've lived the way I've wanted. I want to live, now, as long as I can function."

Virginia Stutcki, 36, an RN, has worked a year and a half part time at Hospice because she prefers it to giving acute care. Going into a home, her primary concerns are to see that the patient is pain-free and comfortable. Beyond that, she is available for psychological and social counseling. She says, "There is no good medication to take away the psychological pain."

She describes how when patients lose their appetite, you find ways to allow

that to happen, to allow the body to shut down. Sometimes she uses relaxation tapes for the patient. It's difficult for family members who experience guilt when the patient doesn't eat. "It's difficult when the family members feel they don't have anything to offer—we take care of the symptoms and allow the natural process of death to occur. Preparation for the family is very important. Sometimes the patient is very sleepy, not necessarily from medication. The person is in the doorway between life and death. It's very frightening for the family, who hear rattling in the lungs—you need to be careful. Some people may feel death is the end. It's difficult

for a family to hear that, watching and saying goodbye and they don't answer back."

"The concept is that a person is on an emotional, spiritual and physical journey. We can't do that journey for them. If we can provide assistance for them, we do."

Virginia has learned a lot from the weekly grief support group for the Hospice staff. "It nurtures me and I have so much to learn. I have my own issues of loss to understand, some weeks you can lose several patients."

The Hospice staff meets Thursday mornings in a grief support/bereavement group centered around the patients who died during the previous week.

The primary purpose of the meeting is for the staff members to share their losses and renew their spirit so they can carry on their work.

—Sandra Katzman

The program is seeking volunteers.

Volunteers are prescreened and their case loads vary. There will be three volunteer trainings in 1990, with the next volunteer training set for February 23, 24 & 25. Volunteers are asked for a six month commitment. The phone number of Hospice by the Bay is (415) 673-2020.

Sandra Katzman is a freelance writer whose work has appeared in the New Fillmore numerous times.

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Up and down the Fillmore

by
David Ish

How we make sausage

If this month's issue seems a little on the grim side, what with one major article on the quake and another on a hospice headquartered here in the neighborhood, it's not a deliberate post holiday reaction. We usually do a better job of balancing our stories than that. But a piece our film critic Rhonda Abrams had labored on for a long time about film maker Wayne Wang who lives in the neighborhood had to be yanked at the last minute because after

promising a photo session to complement the people-in-the neighborhood article he balked at the last minute, leaving us in the lurch. We just don't run big personality profiles without pictures of people any more than Wayne shoots movies without film in the camera. So thanks a lot Wayne. Bllllllt! So the hospice story ran in its stead, a far more deserving subject than a vainglorious film producer. I found it a difficult piece, largely because of all the typical societal taboos I carry about the subject matter. And this despite the fact that I was raised in a funeral home, having an intense experience of how death is handled in our society at a very early age. And if I balk at handling the topic, how do most people feel? It's a tribute to people who work in hospice settings that they are doing a great deal to "normalize" dying, removing it from it's remote institutional settings and helping us all begin to understand and accept it for what it is—a part of life.

In a post season wrap, thanks to the Fillmore Merchants for sponsoring the first annual Holiday Window decorating contest. Winners were JimElle for most original—how about a Christmas tree in the shape of an elephant! Scott Lyall walked off big for his window dressing, winning a free quarter page ad in The New Fillmore. Watch for it coming soon, in an issue near you!

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Fillmore Food and Wine

by
Ed Schwartz

Trendy is all over the place

Whether one is eating in New York or San Francisco, trendy will not die. A year ago, in this respected column, editor Posth let me squeeze out an article on what was a trendy restaurant. It was considered a sub-cult masterpiece, in other words, three people told me they liked it and some other publication, desperately needing a filler, re-printed the thing in full.

Last week I received a press release from Alan Ripp who works for the Zagat Guide, the brilliantly conceived restaurant guide and the brainchild of Tim Zagat, a New York attorney who went legit. His concept was a restaurant guide based on the voice of the people. Thousands of restaurantgoers rate hundreds of restaurants and how far off can the consensus be?

Usually, right on.

Now Ripp and Zagat asked for many readers' comments on what makes a trendy restaurant and the items range from chuckles to hilarious.

"The waiters look like an Italian soccer team," one comment noted. "They serve warm salads," "everyone's in black," and "corn comes in different colors."

In completing the trendy portion of the voting forms, reader's responses

filled 72 pages. Zagat wasn't surprised. "Our surveyors have always been among the first to try all the major new

places in any city and we now have 14 city guides including San Francisco, no slouch in the trendy department."

According to Zagat, you know a restaurant is trendy when...

Food

A dish of pasta costs \$24

They have skate on the menu

They serve raspberry sauce on calves liver

Continued on page 10

Ed Schwartz is a well known food and wine critic and author of the Zagat Guide to Bay Area Restaurants.



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—Ed Schwartz
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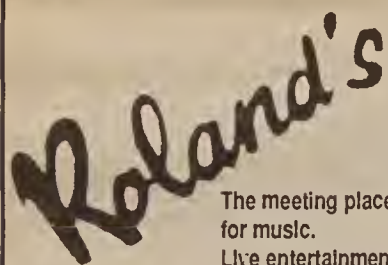
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MON Jan. 1 Recorded Music
Jan. 8 Belli Buttons 9-1:15/
No Cover
Jan. 15 Latest in Recorded Music
Jan. 22 To be Announced.

**TUE/
WED** Cinnamon Jones &
Fade to Black/ No Cover

THUR Jan. 4 Perla Batalla/No Cover
Jan. 11 Steve Wynn w/ Special
Guest vocalist \$3 Cover 9-1:15
Jan. 25 Perla Batalla/No Cover

FRI Every Friday Happy Hour 5-7:30
Jan. 5 Swing FEVER 9-1:30/
\$5 Cover
Jan. 19 MAMOU & his HOT
SAUCE BAND
Blues w/ a Feeling
Jan. 26 Swing FEVER 9-1:30/
No Cover

SAT Jan. 6 Spang Lang R&B 9-1:45/
\$5 Cover
Jan. 13 Napata MERO 9-1:30
R&R & JAZZ \$5 Cover
Jan. 27 EC SCOTT & Smoke
9:30-1:30 \$5 Cover

SUN Jan. 7, 14, 21 Barreda LATIN JAZZ
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What's trendy,

from page 9

They serve blackened food you've never heard of
They serve tongue in cheek
They use words like "melange" to describe the specials
They put sauce under food
Cajun ice cream is a dessert
Turnips are a side dish
They ask what kind of water you drink
You're still hungry when you leave
The food stinks but you can't get a table

Decor

The walls are turquoise
The chairs are triangular
It looks like New Mexico
We're in Milano
They hang an iguana from the ceiling
It's in *Metropolitan Home*
There's sand on the floor
It looks like Pee Wee's playhouse
Staff
They're all wearing black
The hostess is a sexpot
They've got on restaurant T-shirts

Crowd

The men are over 60, the women under 30
Buffy, Buffy and their BMW's are there
Everyone is tan in February
People from one table kiss people at another
Lots of long legs with short, black skirts
The blond, airhead Eurotrash are there
Everyone stares at me when I come in
Word of mouth
Out of town clients want to go there
My daughter in Washington has heard of it
My enemies go there
My ex-wife goes there
Little touches that make you feel welcome
"I can only seat you at 10:30"
"I can seat you at 6, but I need the table by 7"

Continued on page 14

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red bell pepper with anchovies...5.75

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Calamari Fritti, with a spicy tomato
sauce.....5.25
Gamberi Al Vino Bianco, prawns in
white wine, butter, garlic and
parsley.....6.75
Cozze Marinara, mussels steamed in
sauterne, shallots and parsley.....5.75

Pasta

Linguine Viareggio, fresh linguine,
mushrooms, olives, bay shrimp,
garlic.....10.75
Fettuccine Verdi Alla Toscana, fresh
spinach fettuccine, forest
mushrooms, tomatoes, scallions,
pinenuts.....11.25
Cannelloni Bolognese, fresh pasta
stuffed with ground sirloin, spinach,
ricotta cheese, baked in a rich tomato
sauce, topped with mozzarella and
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with polenta.....13.25

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Salmonella Alla Griglia, grilled salmon,
with Maine lobster butter.....14.50
Spiedino Al Molo, grilled prawns
and scallops with shallots and fennel
butter sauce.....14.25
Cacciucco, of prawns, scallops,
clams, snapper in a spicy tomato
broth.....14.25



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Films for Fillmore

Born on the Fourth of July

One of this year's best

Such is the talent of director Oliver Stone that even before the opening credits have finished in "Born on the Fourth of July" (now playing at the AMC Kabuki), he has drawn you into the life of Ron Kovic and hinted at the tension the movie will sustain. While Stone's "Platoon," "Wall Street" and "Talk Radio" indicated his skill, it is "Born on the Fourth of July" that will firmly implant him at the forefront of American film directors.

Throughout the 2 1/2 hours of this powerful, affecting and important film, Stone never once loses his grip and never descends into cliches. It is a triumph for both Stone and his star, Tom Cruise, who brilliantly lives up to the challenges the film presents. This is certainly one of the best films of the year, even of the decade.

"Born on the Fourth of July" does what films or novels do best: it tells the story of one human being as seen in relation to his times. And when the story of that one life is set against a major event, it illuminates our understanding not only of history but of ourselves. The fact that "Born" is not fiction, but based on a living person, makes it that much more powerful.

Ron Kovic, portrayed by Cruise, was an idealistic, patriotic seventeen year old when America's involvement in Vietnam was just getting underway. Striving to be the best and wanting to serve his country, he enlisted in the Marines and served two tours in Vietnam. There he was injured, leaving him permanently a paraplegic, unable to move below his waist.

The film chronicles not only Kovic's Vietnam years, but in the most disturbing scenes, shows what was waiting for him in veteran's hospitals back in the US. Regardless of one's views of the war, these scenes vividly depict America's shame in making the soldier the unloved victim of the Vietnam War.

But the film is not only about Kovic's war years; it is also about his adjustment to life after the war. We see his struggle to adjust to his disability, his heart wrenching realization of his isolation, his growing disenchantment with America's involvement. Watching this film, the audience sees not so much an indictment of a war, but the transformation of a human being. And anyone who lived through the time of Vietnam will vividly recall their own transformations.

The film is a tour-de-force for Cruise, even those who have never liked him before will respect the depth he brings to the character. And he must carry the film single-handedly. While there are numerous supporting parts, and 12,000 extras, the film focuses entirely on Cruise. He is in every frame. It is because Cruise makes us believe in Kovic, care for Kovic and understand Kovic's growth that the movie works. Only Daniel Day Lewis of "My Left Foot" can challenge him for the Best Actor Oscar.

In an interview, the real Ron Kovic said recently, "Since I came home, my life has been a struggle to give meaning to what happened to me." This film gives meaning, and understanding, to what happened to all of us during Vietnam. Even if you have avoided other movies about the war, this is a film not to be missed.



"Born on the Fourth of July" stars Tom Cruise and Willem Dafoe.

The best of the eighties

By Rhonda Abrams

THE BEST

Born on the Fourth of July
Do the Right Thing
E.T.
Gandhi
Killing Fields
Last Emperor
Little Dorrit
Ordinary People
Sophie's Choice
Tender Mercies

HONORABLE MENTIONS

Big
King of Comedy
Fanny and Alexander
Gregory's Girl
Hope and Glory
My Brilliant Career
Crimes & Misdemeanors
Raiders of the Lost Ark
Sex, Lies and Videotape
Year of Living Dangerously

If you don't get enough of her in the column, Rhonda can be heard reviewing the latest films every Friday morning, 10:45 am, on KNBR, AM 680.

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—Judy Stone, S.F. CHRONICLE

"A TITANIC TRIUMPH!"

—Rex Reed

Daniel Day-Lewis

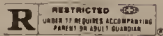
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The New Fillmore

Performance



5, 8 pm, Neil Rutman, pianist, performs a program including works by Rameau, Liszt, Ravel, and a west coast premiere by Albert Glinsky, \$8, \$5, \$4, Old First Concerts, 1751 Sacramento, 474-1608

12, 8 pm, Chamber music is performed including selections by Copland, Beethoven and Brahms, \$8, \$5, \$4, Old First Concerts, 1751 Sacramento, 474-1608

14, 3 pm, Old First Concerts hosts the San Francisco Symphony's "New and Unusual Music" series, \$12, Old First Church, 1751 Sacramento, 474-1608

19, 8 pm, The Stark/Olevsky Duo, a concert of Spanish and South American composers, \$8, \$5, \$4, Old First Concerts, 1751 Sacramento, 474-1608

21, 4 pm, Susan Narucki, soprano, performs, \$8, \$5, \$4, Old First Concerts, 1751 Sacramento, 474-1608

25-2/11, Thur-Sun, 8:30 pm, writer, performer, and steel-drum artist Harvey Stein collaborates with award winning visual artist David Dashiell in the all new play Olympian Cowboys, \$8/\$6 stud, sen, The Lab, 1805 Divisadero, 346-4063

25, 8 pm, improvisational comedy with Terry Sand and the Gelfite Fisheads, \$3, Jewish Community Center, 3200 California, 346-6040

26, 8 pm, the Festival Wind Quintet performs works by Beethoven, Rossini, Bach, Milhaud and Mozart, \$8, \$5, \$4, Old First Concerts, 1751 Sacramento, 474-1608

26, 8 pm, vocalist Weslia Whitfield and pianist Michael Greensill in concert, \$10/\$3 children under 14, UCSF Laurel Heights Auditorium, 3333 California, 476-2035

Tours



Saturdays, 11 am, Pacific Heights Mansions Walking Tour, meet at Alta Plaza Park, top of staircase Pierce and Clay, free, City Guides, 558-3981

Sundays, 12:30 pm, Pacific Heights Walking Tour, \$3 general, \$1 seniors, meet at Haas-Lilienthal House, 2007 Franklin Street, 441-3004

Sundays, 2 pm, Pacific Heights Victorians Walking Tour, meets at 1801 Bush Street at Octavia, free, City Guides, 558-3981

Film & Video



4 & 5, Indiana Jones and the Last Crusade, \$3/\$2 children under 14, two shows nightly call for times, UCSF Cole Hall Cinema Films, 513 Parnassus, 476-2542

11 & 12, Casualties of War, \$3/\$2 children under 14, two shows nightly call for times, UCSF Cole Hall Cinema Films, 513 Parnassus, 476-2542

18 & 19, Parenthood, \$3/\$2 children under 14, two shows nightly call for times, UCSF Cole Hall Cinema Films, 513 Parnassus, 476-2542

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and Scheduling

Calendar of Events and Activities for January

25 & 26, *The Abyss*, \$3/\$2 children under 14, two shows nightly call for times, UCSF Cole Hall Cinema Films, 513 Parnassus, 476-2542

New Age

Mondays, 6:30 pm, Yoga, Unitarian Church, 1187 Franklin, 776-4580

Wednesdays, 7:30-9:30 pm, Love Healing Meetings, 2782 Sacramento Street, 563-2577

Historical

Historic James Whittier Mansion and Art Gallery, open Tuesday through Sunday, guided tours are given at 1:30 pm, with additional tours on weekends at 3 pm, \$3 general, \$1 seniors and students, free the first Wednesday of each month, California State Historical Society, Whittier Mansion, 2090 Jackson Street, 567-1848

Haas-Lilienthal House tours, Wednesdays noon-3:15 pm, Sundays 11 am-4:30 pm, tours start every 40 minutes, last one hour, \$4 general, \$2 senior and youth (under 12), 2007 Franklin Street, 441-3004

Meetings

11, 7:30 pm, Monthly community meeting with Captain Denis Martel, Northern Police Station, 1125 Fillmore Street, 553-1562

16, 8:30 am, Fillmore Merchants Association monthly meeting, Pacific Heights Bar & Grill, for more info call, 922-4093

17, 7:30 pm, The Western Addition Neighborhood Association, St. Dominic's, 922-2580

Networking

9, 7:30 pm, Singles: "How to write a great personal ad," \$15, Jewish Community Center, 3200 California, 346-6040

20, 7:30-11:30 pm, Saturday Night Ballroom Dance Party, learn techniques of various ballroom dance styles, followed by request dancing, \$7, Jewish Community Center, 3200 California, 346-6040

30, 7:30 pm, Singles: "romantic & interesting places to meet new people," \$15, Jewish Community Center, 3200 California, 346-6040

Lectures

16, 7:30 pm, Singles: "How to be happily single," offers expert advice on making the most of being single, how to feel fulfilled and optimistic, \$15, Jewish Community Center, 3200 California, 346-6040

23, 7:30 pm, Singles: "Risk taking: mastering the obstacles to change," identify and modify non-productive thinking styles, \$15, Jewish Community Center, 3200 California, 346-6040

23, 7:30 pm, "Getting whole again: overcoming the separation/divorce blues," \$15, Jewish Community Center, 3200 California, 346-6040

30, 7:30 pm, Sound Ideas: a panel discussion with sound innovators Fran Dyson, Douglas Kahn, and Gregory Whitehead, on innovation and change in sound arts, \$5/\$3 stud, sen, The Lab, 1805 Divisadero, 346-4063

For Parents

Ongoing, Parenting classes, Parents Place, 3272 California Street, 563-1041

7, 11 am-1 pm, Single Parents: "Being single again, parenting alone," meet others and learn ways of dealing with the issues of single parenthood, childcare provided if requested by 1/4, bagel brunch included, \$12, Jewish Community Center, 3200 California, 346-6040

13, 9 am-1 pm, Experience the daily Main Lesson and special subjects in the elementary grades at the San Francisco Waldorf School, free child care for children over 4 with reservation, free, San Francisco Waldorf School, 2938 Washington, 931-2750

For Kids

14, 12:30-1:30 pm, entertainment created just for kids, featuring local magicians, singers, puppeteers and storytellers, for parents and children 2 1/2 to 9 years, \$4 adults/\$3 children, Jewish Community Center, 3200 California, 346-6040

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Ongoing, Children's storytime for individual boys and girls ages 3-5, please call for times, Western Addition Library, 1550 Scott, 346-9531

Mondays, 4-5 pm, Knitting for kids, beginners age 7 and older can make a colorful purse or doll house rug, please pre-register, \$35/6 sessions includes materials, The Ark, 2986 Washington, 673-2529

Thursdays, 4-5 pm, Arts and Crafts Projects for children age 7 and older, make a candle, tie-dye shirt, transparency, or a holiday gift, call for details, The Ark, 2986 Washington, 673-2529

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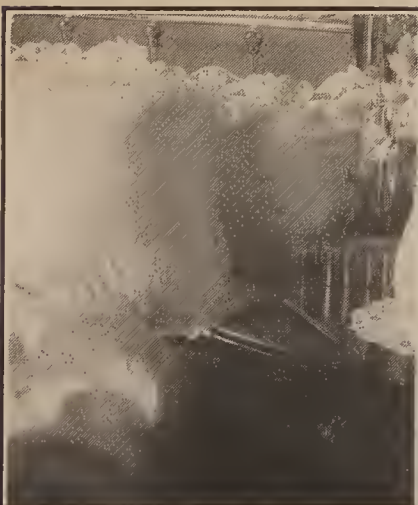
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On the wall and off the wall



"Navajo Woman, Acrylic on Masonite, 60" x 48", by Albert A. Clymer, on display at the Mesa Gallery 1/9-2/4

By Patrick LaGrecia

Mesa Gallery

(2178 Bush Street, between Fillmore and Webster; Open Tue.-Sat., noon-5 and by appointment. Phone 921-3592, Albert Anderson Clymer, 1/9-2/2)

In this show of recent work, world renowned painter Albert Clymer brings a pleasing array of his expressionistic acrylic on masonite pieces to the Mesa Gallery.

Clymer utilizes a technique called crazing which employs the use of acrylic washes, wind, gravity, sunlight, and other natural elements. The result is a dissemination of texture from one or several central points into a thin, runny wash. This allows him to achieve a most interesting use of depth and space.

Mesa has put together pieces from several different series of Clymer's work for this show. One of these groups is a series of Greek landscapes that are quite powerful in their use of bright whites and subtle depth. Also included is work revolving around an American Indian theme. These pieces are much more involved with movement and utilize discernible yet very expressionistic figures to create their statement. The highlight of these seems to be "Buffalo Hunt," a large complex work that virtually sucks the viewer into the movement and passion of the image.

It is indeed exciting to see the direction The Mesa has taken under its new directorship. Opening Feb. 2 at The Mesa is "Dana DeKalb, Cast Paper Relief Paintings," and in mid-February a more than promising show of figurative work by James Stag.

Patrick LaGrecia is an artist's representative in San Francisco

William Sawyer Gallery

(3045 Clay between Baker and Broderick; Open Tue.-Sat., 11-6 pm. Phone 921-1600. Art Nelson, Recent Ceramic Art, 1/9-2/2)

For almost a decade, Art Nelson has had a predominate interest in two styles of work, vessels and wall hangings. In his most recent show at the Sawyer Gallery he continues this tradition.

The medium for his wall sculptures consists of low fired clay over wire, formed into geometric, often symmetrically patterned pieces. Nelson utilizes several variations of this technique. Many of the works employ overlapping and interconnecting pieces resulting in unique displays of rhythm and movement. Consequently, the works are infused with light and shadow adding to the complexity and structure of the images.

His vessels, however are a departure from this style. They are much more deliberate, making use of graceful curves and deco-like shapes balanced on bases. The bases are integrated into the piece by repeating cut out sections of the original container. Nelson likes to sometimes include a smaller vessel within the bowl of the larger creating an interesting contrast between the inner and outer forms.

The perfection of these two styles demonstrates effectively Nelson's talent. In addition, it adds to the medium as a whole, challenging the viewer over and above the typical ceramics exhibit.

Albers Gallery

(353 Presidio, between Sacramento and Clay will be closed in January, please check next month's issue for information about February's show or call 563-3344)

Trendy, from page 10

"We don't have anything this month"
They treat you like dirt
You can't get in. Ever. Period.
Nous parlons seulement Francais

Fortunately on Fillmore Street you never get comments like these but our restaurants can be trendy. Maybe I'm partial, but I've enjoyed this past year eating at such nice places as Oritalia, Pac Bag, Elite Cafe, Harry's, Mi-Burrito, Hillcrest, Trio Cafe, Jackson Fillmore,

Vivande, Osome, Cafe Majestic, Curbside, and La Posada. You'll be pleased to know that I haven't gained any weight and that if I've missed any restaurants my New Year's resolution is to hit them all.

Mangez, bien, as they say in Cafe Trendy and have a nice year. And, pleeeeeze support your local restaurants. They have to eat, too.

Beginning Antiques

By
Gillian Windsor-Morgan

An antique education

"Nothing in excess, you should know something about everything and everything about something," advises The Marquese Torrezy, a nobleman who is neither dealer nor scholar but, an avid collector who knows more about antiques, art and culture than anyone I know.

You too, must acquire knowledge and rely on your own taste and judgement. Go to auctions and salerooms and never be too proud to listen to all in sundry. As your knowledge increases, you will begin to tell the difference between knowledge and misinformation.

Your pleasure in your collecting will become all encompassing. Remember that you will gain the same satisfaction from obtaining that which has cost relatively little as in something which has strained your budget.

My intent is to use this column to teach you not to make the mistakes I did through ignorance and fashion. I will tell you how I resolved them, where I shopped, how often and what I purchased instead, when looking for specifics. Where I gained my knowledge and as far as I remember through who.

Recent years have seen an enormous interest in the world of art and culture, as it relates to antiques. Art scholars the world over, recognize the deep need for correct information in a readable and enjoyable form.

Antiquarian notes

The Presidio Heights Antiques Centre welcomes you to its Antique Collectors Club and Forum. Its intent is to hold seminars with guest speakers, get together for an evening's entertainment be it wine or dinner. Attend auction previews and sales, tour the antique districts at home and further afield. Trips abroad for buying or just seeing history. You will also learn about restoration, on site, performed by experts to add to your "eye." For membership information send a S.A.E. to: The Presidio Heights Antiques Centre, 3556 Sacramento Street, SF, CA 94118

I wish to assist you in building your collection by providing you with information about woods, period dating, artisans and history. This will teach you how to upgrade your collection along the way, thus allowing the sale of the discarded piece to offset the investment in the new. There will always be beginning collectors looking for your lesser items; the proper care of which, while in your possession will make them very attractive to a new buyer.

I will offer advice on the conservation and restoration of your antiques, not only that which you will personally choose to do but also where it pertains to an item before you purchase it.

The term "antique furniture" implies more than "old furniture." Until recently, a piece had to be over a hundred years old to be regarded as an antique. This is no longer true. Certain items produced this century are now considered worthy of antiquity, such as those by Lalique, Gallé and Majorelle to name just a few.

The uniqueness of an antique is of equal importance as its age. Unless a dealer is an absolute rogue, given to deception, he or she has rarely more than judgement to offer as evidence of age or authenticity. The educated conservator/restorer, being able to "see" inside the item, has a much better view of reality. Both parties may choose to join their respective guilds or associations. Two examples in respect to the dealer are The Art & Antique Dealers League of America or the American Dealers Association. The beginning collector, will probably have to rely on a dealer who has chosen not to "join up" or, who has not been in business for the required length of time to become a

Gillian Windsor-Morgan is a writer, collector and antiquarian. Her shop, Presidio Heights Antique Centre, is on Sacramento Street.

member of such organizations. The good conservator, in private practice, will almost always choose to join the American Institute for the Conservation of Historical Works. Thus, there is a premium on reliability. The signs by which authenticity is recognized are too precarious for the average collector.

In general, bargains are as good as ever. However, the value of a piece greatly depends on where you are. Historical culture does influence the value of an item offered for sale. For instance, a New England piece will have a higher price in Boston than in France. A highly ornate French item will be much sought after in San Francisco and New York but will not command the same attention in Philadelphia as would a "Chippendale." Libraries, museums and old homes offer any requirements necessary to gain sufficient information, not only to be well read, but also to experience fine items. They must become an important part of your "education" as you continue to acquire your antiques.

As you collect, the search for each piece in your home will not only provide you with a story to tell but will most certainly further your learning in the process.

Oh, to be a beginning collector, with years over which to acquire beautiful items of interest and value and with so much still to learn. Being able to replace a lesser item with one better as the budget allows, or sometimes before as the opportunity arises. Upgrading is an important issue and one you should always bear in mind. To find a better piece at the right price is always more important than adding an extra lesser

item which will continue to be there.

I was a beginning collector when I was eighteen years old, it was something I was fortunate enough to inherit. At my last count I had upgraded four complete households. A beginning collector has embarked on an adventure which will last a lifetime.

Together, we will build your collection to be one of beauty and value. You will acquire a connoisseurship about those subjects which do most to enrich and ennoble mankind...art and culture. We have a long and exciting way to go. I welcome your questions as they will guide me to the subjects most pressing to be addressed.

Begin by having a good pencil, find a scrapbook, and a good pair of scissors for this column and other items you cut from magazines. Our project has begun. List the items you already have,

Continued on page 23

Christian Science Churches in San Francisco

Sermon for Sunday January 14 "Sacrament"

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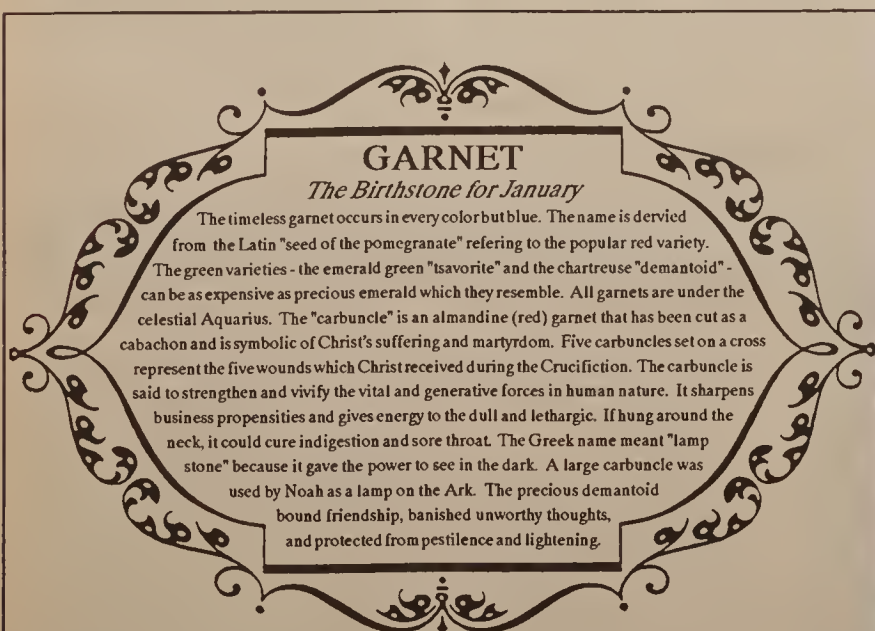
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Putting nutrition first

by
Dr. Richard Kunin, M.D.

Life is too short to ever get old

Life in the 1990s should be one of the best times in history to keep your health and your youth. Nutrition knowledge has progressed far beyond the erroneous dogma of our health bureaucracy that from 1940 to 1979 insisted that the enrichment of white flour with vitamins B1, B2, B3 and iron was sufficient. No one in commerce was permitted to contradict the statement that "the average American diet is adequate in vitamins and minerals." That policy was a death sentence for the millions of Americans who didn't understand that white flour has been robbed of over 20 nutrients, including vitamins E and B6, magnesium, selenium, chromium and omega 3 essential fatty acids, which were not likely to be made up from other sources in the average diet.

Count yourself lucky to be part of an information explosion that has led to a revolution in personal health habits with emphasis on nutrition and exercise. We have begun to expect our doctors to "put nutrition first." Nowadays you don't need to read a medical journal to know that vitamin A and carotene are helpful against cancer; and that the vitamin, folic acid, prevents birth defects. Most women have heard of vitamin B6 and magnesium to cope with PMS (premenstrual symptoms); and even the discovery that boron functions to prevent osteoporosis is already common knowledge. It is common place to find that ordinary people appreciate that omega-3 essential fatty acids are found in fish oils, which thus protect against heart attacks and cancer.

About half of us Americans are serious enough about nutrition and health to take a vitamin pill to guard against dietary inadequacy. It is truly remarkable that this revolution in the public health is a grass roots movement that has by-passed the medical establishment, from the local practitioner to the surgeon general. What is even more remarkable is that the results are measured as millions of lives saved! We are witnessing one of the most spectacular public health victories in history: all major degenerative diseases except cancer are in decline. And these declines in illness and suffering correlate more closely with the vitamin revolution than any other health factor.

One big reason for the upsurge of nutrient therapy is the bold endorsement by Dr. Linus Pauling in his writings about vitamin C. Many expected that his best-selling book on the common cold and also his book on flu and other viral illness would be a passing fad. However his work has spawned worldwide research and ultimate verification of his conclusions.

It was almost 20 years ago that Dr. Pauling's endorsement of megadose vitamin C therapy for the common cold created a bombshell in the media, the health establishment and the lives of ordinary people around the world. Since then the work of the Linus Pauling Institute has revealed much of the mechanism of action of large dose vitamin C therapy, including encouraging results

in treating some types of cancer.

Antioxidant therapy is another breakthrough that has not been lost on the American public. Durk Pearson and Sandy Shaw made this development intelligible with their best-selling book: "Life Extension." Since this represents a true breakthrough in modern medical thinking, I plan to go into more detail in a future column. The concept is simple: life depends on controlled oxidation. When the controls break down oxidative products, called free radicals, cause cell damage, including alterations of the nucleic acids and altered cell function, including cancer.

Long lived animals, such as humans, are equipped with chemicals that inactivate free radicals. Generally, a strong antioxidant system confers greater immunity from inflammation, infection and aging. The antioxidant chemicals are made up of enzymes that combine with activated oxygen, hydroxyion and chlorine. The enzymes, while genetically programmed, are also dependent on adequate diet, especially protein and sulfur amino acids, plus B vitamins and minerals, such as selenium, copper, zinc and manganese. Vitamin E can substitute for one such enzyme, glutathione peroxidase, and vitamin C is instrumental in regenerating vitamin E. The concentrations of the antioxidant vitamins, C and E, are the highest of all vitamins in our tissues. They are Mother Nature's original megavitamins!

Antioxidant theory makes sense to most people and has given vitamin C more credibility as a part of one's personal health program. But there is a third factor, pollution, that accounts for the widespread acceptance of nutrient therapy, meganutrition.

Despite the improvements in general health and life span in our time, most of us have become distressed about the awful pollution of the air, food and water all around us. Ecology consciousness is a truly international breakthrough. All this talk about the oceans and the forests is not just in support of pretty landscape. It is also a fact that we really feel threatened for the first time in history that we are on the verge of going too far, polluting the planet to an irreversible degree and at our own peril.

I think our appreciation for environmental pollution is dramatized most by cancer clusters in areas that are obviously polluted: near agricultural pesticide spraying and near toxic waste dumps, particularly since these cancer clusters so often involve children. But those of us who know that childhood cancer, formerly a rare event, is now common are even more alarmed by the unprecedented invasion of our food, air and water by man-made chemicals. We appreciate the connection between sixty years of chemical pollution of our environment and the increasing cancer incidence, particularly in our children.

The good news is that many of the most dangerous chemicals have already been banned in this country. However that still leaves thousands of pesticides, herbicides and chlorinated chemicals.

Dr. Kunin is a practicing physician and psychiatrist, co-founder of the Orthomolecular Medical Society and author of two best-selling books, "MegaNutrition" and "MegaNutrition for Women."

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that continue to pose a hazard. And because of the persistence of these pollutants in soils, groundwater, ocean sediment and our food chain the hazards will linger on. Man is at the top of the food chain and at the mercy of bio-accumulation: these toxic molecules accumulate in the plants and animals of our ecosystem but they ultimately reach their highest concentrations in our own tissues.

So let it be known that these dangers will continue for at least another 30 years after the most persistent herbicides, eg. dioxins, and pesticides, eg. organochlorines, and toxic elements, eg. fluoride in public water supplies, mercury in dental amalgam, aluminum in antacids, cookware and some cheeses, are all banned. For at least another generation it will remain a challenge to medical ingenuity to protect ourselves and our patients against these lingering hazards. On that basis, most reasonable people agree that an antidote of some sort, to protect against the cancer causing, immune suppressing and nerve damaging effects of these poisons is needed.

The use of nutrients to combat poisons is quite well established and the use of vitamins to prevent cancer is an area of great research interest in the past 10 years. However over 60 years ago there was already convincing research that showed a cancer preventive effect of vitamin A. Rats fed a food dye, butter yellow, commonly developed cancer of the bladder. This was prevented by pre-treatment with vitamin A. Now there is evidence that vitamin C, carotene, vitamin E, zinc and selenium also offer protection against carcinogens in cigarette smoke, smog and other pollutants.

What should one do in case of known exposure to pesticide or herbicides, such as organochlorines or dioxins? The first thing would be to keep tabs on the blood level of carotene, vitamin A and the vitamin A transport protein. Treat with supplements if the levels are low and re-test from time to time to assure continued anti-cancer protection.


It is also wise to maintain above average intake of antioxidant nutrients, such as vitamins C and E to protect against oxidative free radicals caused by various pollutants. Vitamins C and E, as well as carotene and Coenzyme Q10 (ubiquinone) are especially well suited to coping with abnormal free radicals from toxic substances. Zinc and manganese have a double action: to activate the antioxidant enzyme, superoxide dismutase, which rids the body of toxic oxygen radicals.

Taurine is a nutrient amino acid, also

with multiple benefits. One of these is to protect against the damaging effects of oxidized chlorine, that can occur naturally in tissues but especially so when the toxic chlorinated chemicals are present. These can destroy cell membranes and oxidize vitamins, such as B12 and biotin. These are the most weakly concentrated of all vitamins in our tissues and also the most vulnerable; hence they should be supplemented at megadose when pesticide poisoning is suspected.

You can count on the presence of toxic pollutants for the rest of your lifetime; however these can be measured and so can the levels of antioxidant nutrients and enzymes that protect you from unnecessary damage. I now recommend that anyone with symptoms of chronic illness should be tested because disorders of nutrition and pollution are treatable. A detoxification program can remove pollutants safely.

Life is too short to ever grow old—if we keep our health. You can keep your health by following a few basic rules of nutrition: 1) variety in menu planning; 2) moderation in amounts eaten; 3) whole foods preferred; 4) purity, foods as free of toxins and adulterants as possible; and 5) balance of nutrients according to the method outlined in my "Listen to Your Body Diet." In addition there is an advantage to careful use of 6) megadose antioxidant nutrients that are now known to bolster our resistance to pollution, infection and aging. MegaNutrition is a breakthrough in keeping us young and healthy at any age.



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Looking Good

by
Elana Laub

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was a great investment.

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Kent is a name recognized through-
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quality. First established in London in
1777, Kent was appointed brushmaker
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years. That's good enough for me!

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long-lasting stability. The bristles are
natural wild boar from Asia's high
mountain range and are often inserted
into the wood by hand and linked inter-
nally with wire or waxed thread.

Speaking of quality—last month,
Terry Cutrone, the creator of Develop
10, was in San Francisco to be inter-
viewed on Channel Four's "Daybreak"
show. What an inspiration this lady is!
At the age of 49, Terry switched into
high gear, launching a new business
that would revolutionize the nail care
industry. The year was 1982. Terry's
remarkable product—Develop 10.

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F H O C U S
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Image, Fashion, and Beyond

By
Suzie Woodward Morris

Understand your body type

If you want to take responsibility for your own image, the first step to take in planning a well-organized wardrobe for yourself is to evaluate your physical characteristics—as well as your attitudes about your physical appearance.

It is important to define your figure's characteristics and one of the most helpful ways to do this is to get a friend to outline your body on two large pieces of butcher paper, wearing a leotard or swimming suit, and have your friend draw a line around you two ways: on the first piece of paper, lie down on your back with your hands at your sides; on the second piece, lie on your side with your underneath hand extended above our head. Then fill in these two outlines with black paint or a felt-tip pen, and you will be able to see your figure proportions clearly.

Comparing your measurements with those of your friends can be misleading. The only useful figure interpretation you need for knowing how to dress is the actual proportion your figure has to itself. One helpful way to think about the lines you should wear is to decide whether you have an A-shaped, T-shaped, or H-shaped figure.

—DEFINING AND BALANCING YOUR— FIGURE SHAPE

If your shoulders are narrower than your hips, you have an A-shaped figure. If, on the other hand, your shoulder line extends beyond your hip line, you have a T-shaped figure. An H-shaped figure has hips and shoulders that seem to be the same width, but you H-figures usually have a very small waist. If you have done the life-sized outlines of your figure, you can simply measure and compare the distance across your shoulders and hips and decide which of these three body types you have. Now let's talk about what this means when you choose your clothes.

—ABOUT HEIGHT AND WEIGHT—

Most women have the misconception

that being short or tall limits their wardrobe choices. This is not true—height is simply a matter of relativity. If I am 5'5" tall and you are 5'3" tall, you will appear to be short in relation to my height. However, both of us will look short if we're standing next to someone who is 5'8" tall.

The only really important thing is proportion. If I have three women standing side-by-side, all of different heights and all having A-shaped figures, they can all wear the same clothing lines, cut, of course, to fit their height.

Furthermore, if an A-shaped woman wears a size 14 and then loses weight and becomes a size 6, she can still only wear things that are proportioned for an A-shaped figure. She does not become an H-shape or T-shape just because she has lost weight. Of course, she may look better in her clothing, and she may feel so much better that she wants to wear more wardrobe variations, but her basic figure shape will remain exactly the same—it will just be smaller. Diets simply can't alter bone shape, but they can make you feel better about yourself.



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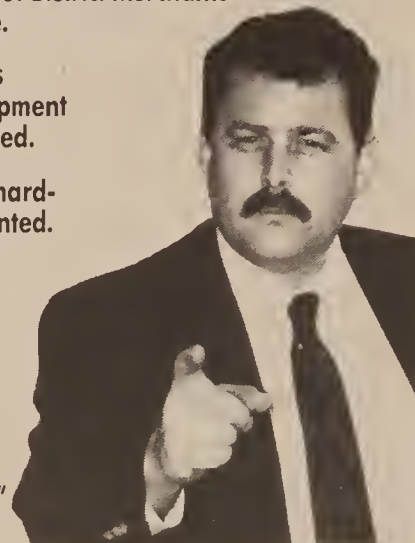
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What's In Store

HOT LOOKS FOR SPRING

by Janice Lee

In women's ready-to-wear, there's a lot to look forward to this Spring; some brand new, some a carry-over from past seasons, but all with a fresh look.

We'll be seeing lots of floral prints this Spring, and the color selection is particularly strong. For the most current look, add fashion colors of turquoise, emerald, cobalt, pink or the new red corals combined with basics of white and navy. For a trendy look, add touches of gold in lurex threads. Spring suede and leather will be important, particularly when found in emerald green or turquoise, or in muted colors such as palomino, coral or dusty blue.

Complementing Spring colors, the season brings us silhouettes that are less constructed and much more feminine than past seasons. Skirts will be short or just to the knee — no longer! — and narrow and tight. Pants will be important wardrobe additions with soft tapered legs often executed in breezy knits. Split skirts and walking shorts provide new alternatives. Shoulder pads continue to be strong, with emphasis on a natural understated rounded shape. Vests remain a fashion essential and unique vested blouses will splash into Spring.

In store at Janice Lee, you'll find we have lots of new looks. The Gianfranco Ferre' influence is very strong in the Christian Dior collection which has moved to a sophisticated "couture" look. Michi Moon kicks off the Spring season with Twilight Moods; "when soft images mix with clear forms...moving in and out of a dreamlike state." As always, Michi Moon combines texture, color, and silhouette in the most delightful manner. Paul Stanley brings us Spring Woven Fancies — wonderful woven patterns in classic, but newly feminine shapes. Joanie Char makes a strong fashion statement with bold colors and silhouettes, again emphasizing the feminine direction. Meet Joanie at a special "in store" personal appearance at Janice Lee on January 20, 1990 from 1:00 p.m. - 4:00 p.m.

And of course, there's lots more in store for Spring '90. For a closer look at the latest looks, visit our 1998 Union Street store or call us at 415-922-0253.

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1:00 p.m. Spanish Mass
5:30 p.m. Folk Mass

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Fillmore finance

by
Camille Moore

Popular money questions

Q. HOW LONG SHOULD I KEEP MY TAX RETURN RECORDS?

A. Generally the statute of limitations states that the limitation on Internal Revenue Adjustments is three years or six years for any return that fails to state 25% or more of a taxpayers income. There is no limitation at all should a taxpayer not file a return or if fraud is involved. Most experts recommend that records be retained for at least ten years, and of course pertaining to capital gains should be kept until ten years after disposition of the asset at the minimum.

Q. WHAT IS A CHARITABLE REMAINDER TRUST?

A. A CRT is a type of living trust in which one gives assets such as stocks, bonds, and other securities to a charity while continuing to derive earnings from the assets until the trust terminates. The termination date of the trust may be up to 20 years or at your death. The property donated is exempt from probate proceedings and is excluded from your taxable estate. You also receive an income tax reduction in the year you establish the trust equal to the present value of the property which yields little or no income. The charity may sell the appreciated asset and then reinvest the sale proceeds in an income producing vehicle. Neither you nor the

charity are liable for any capital gains tax on the sale.

Q. WHAT ARE THE TYPES OF INVESTMENT RISK?

A. Economic risk: This is risk associated with movements in the general economy. Many investments, particularly stocks fluctuate with economic cycles, with some stocks being particularly sensitive like automobile manufacturers, retailers, and others who have fixed costs that are difficult to downsize during a slump.

Inflation Risk: This is risk that the investment's value will erode because the dollar is continually worth less. Many low yielding investments such as money market accounts run the risk that their earnings will not keep up with inflation.

Interest Rate Risk: This is risk that changes in interest rates will affect the market value of investments. Bonds are particularly vulnerable to this risk in that interest rates move inversely with bond prices. **Market Risk:** is related to overall general market factors, such as attitude and psychology. Much of the stock market's volatility is related to this type of risk. **Specific Risk:** affects only a particular company or industry group. An example would be the death of a company's officer causing the price of the stock to plummet. The above types of risk make a strong case for diversifying your portfolio so that there is some insulation from each of the major types of risk.

Camille Moore is a branch manager for Private Ledger Financial Services, Member NASD & SIPC with offices at 2411 Webster Street.

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Fine local literature

"The Day Nothing Happened"
by Terence Clarke, Mercury House, 1988.
223 pages, \$16.95.
Reviewed by Mark Mitchell

If you enjoy a solid story, well told, that not only takes you to another place and time but shows you something of human nature then you should run right out and buy *The Day Nothing Happened* by Terence Clarke. This is a remarkable collection of short stories set in Sarawak, Malaysia in the mid-nineteen sixties, as colonialism gives way to nationalism.

The link that holds the book together is the character of Dan Collins, a Cal graduate (class of '50) and an engineer for the Agency for International Development. He is in Sarawak to build roads with the help, and for the benefit of the local population, and a varied population it is: Moslem Malays, aging former colonial technocrats, commercial Chinese and the indigenous Iban tribesmen. Collins' life gets mixed up with all

of these people and we get a delightful lesson in Malay manners, the importance of badminton to a community of tribal marriage customs, among other things.

These stories are told in the third person with a rich and very tactile prose. Mr. Clarke lets you feel the sweat plastering shirts to backs, mud squishing up through sandals, the heat and the rain. His eye is sharp and his command of language is impressive, for example, in this description of an Australian army encampment:

"The camp in which the bus had stopped was made up of several palm leaf buildings with tin roofs. The forest had been cleared to accommodate the camp, leaving no tree to shade the yellow earth. In the open sunlight the buildings resembled bright graves."

Mr. Clarke's ear is as good as his eye, and each ethnic group has its recognizable speech patterns.

When reading stories of this part of

Next up: Daphne du Maurier

By Joan Jackson

The next meeting of the Western Addition Library Book Discussion Group will be on Wednesday, January 3rd at 7 pm, at the library, 1550 Scott Street, near Post. The book to be discussed is *The Glass-Blowers* by Daphne du Maurier. It's a novel set in France, at the time of the French Revolution, based upon experiences of the author's ancestors. For information about this activity call the library at 346-9531.

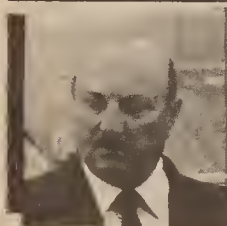
From the New Book Shelf:

The Painted Ladies Revisited and *How to Create Your Own Painted Lady* are both by Elizabeth Pomada and Michael

Larsen. The first offers dozens of interior and exterior photos of handsome Victorian houses, many from our own neighborhood. The second is a comprehensive guide to doing your own painting, or participating in the color/design process.

The Open Hand Cookbook offers favorite menus and recipes from 63 celebrated California chefs. The book was produced to benefit Project Open Hand, which provides meals to victims of AIDS.

Joan Jackson is librarian at the Western Addition Public Library. (346-9531)



Your Neighborhood Grocer

by
Rich Moresco

Weight a minute!

It's right after the new year, so a lot of my customers are getting very anxious about taking off the pounds they put on over the holidays. Of course everybody wants to do it in a hurry, so we have instant diet food. It's too much aggravation to spend time making a meal you feel full after, let alone one you feel hungry after. So we have fresh frozen diet meals that take the sting out of meal preparation. Lean Cuisine of course has been around for awhile, and we also have a line in the frozen department called the Budget Gourmet. There is also a relatively new line called Healthy Choice, which is low calorie, but also emphasizes health as well as weight, with sodium and cholesterol levels, etc. All three lines weigh in in the under 300 calorie range. If you're the very determined type, however, and really want to take it off, take a look at the individ-

ual packages to see what percentage of the calories on any particular meal are in fat versus in proteins and carbohydrates. The fewer calories that are in fat, the more weight you'll lose. But you won't feel as full afterward, either. So it's a trade-off. As for myself, I don't think there's anything wrong with putting on a few extra pounds to help you get through the winter. But from the frozen diet food I sell I know a lot of my customers feel differently about it.

And calorie conscious food is not restricted to the frozen food locker. It seems as if almost every different food department in the store has something diet in it. Lean, thin, no cholesterol. Diet snacks. Isn't that a contradiction in terms? If you're on a diet, why are you snacking? What do I know? All I know is, if you don't want to eat, or even if you do, we've got the food for you.

the world it is impossible not to think of Joseph Conrad, and Mr. Clarke's epigraph invites the comparison. The title story calls to mind *Lord Jim*, with its boatload of endangered natives and the white man examining his motives. The final story, *The King* is a sort of upbeat version of *The Heart of Darkness* in which Collins travels upriver to retrieve a fellow engineer who has gone native. Neither of these stories suffer by comparison with the master.

The Day Nothing Happened is a wonderful book and a joy to read. There are no tricks, just observation and humor and graceful plots. Read it slowly—you'll want this experience to last a while.

Mark Mitchell is a local poet.

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Browser Books Top Ten

Top Five Hardbound Best Sellers

1) *Denial of Disaster*
by Carol Hansen & Emmet & Condon
published by Cameron

2) *Open Hand Cookbook*
by Robert Schneider, editor
published by Pocket Books

3) *Foucault's Pendulum*
by Umberto Eco
published by Harcourt Brace
Jovanovich

4) *Love's Executioner*
by Irvin Yalom
published by Basic Books

5) *Remains of the Day*
by Kazuo Ishiguro
published by Alfred Knopf

Top Five Paperback Best Sellers

1) *Love in the Time of Cholera*
by Gabriel Garcia Marquez
published by Penguin Books

2) *This Boy's Life*
by Tobias Wolff
published by Harper & Row

3) *Lyre of Orpheus*
by Robertson Davies
published by Penguin Books

4) *Equal Affections*
by David Leavitt
published by Harper & Row

5) *All I Really Need to Know I Learned
in Kindergarten* by Robert Fulghum
published by Ivy Books

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Now that St. Rose Academy has announced its intention to close, we mourn the passing of this highly respected and venerable institution. 110 years ago St. Rose was located on Golden Gate and had 17 boarding students plus day students, all under the Dominican Sisters who run it still. In the 1890s it moved to

the basement of Sacred Heart Church at Fillmore and Fell, and then to our neighborhood in 1906.

Let's take a good look at the fine building that the school has occupied. At 2475 Pine, it's on the same square block as St. Dominic's Church, at the opposite corner. The school has three stories and

an attic with dormer windows where resident students may once have lived. The middle story follows the Italian tradition of the *piano nobile* (noble story) that is the tallest and most ornate. A grand double staircase leads up to this floor's roofed porch, where four fluted columns define the spaces for three semi-circular arches on the main wall.

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Anne Bloomfield is a consultant in architectural history. For over 30 years she has lived in an Italianate house in the neighborhood.

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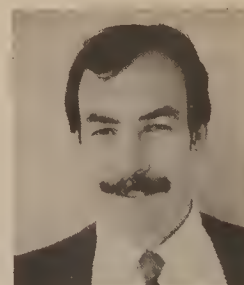
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Italian Renaissance styling also influenced the building's grooved or rusticated coating of the lower floor, and the arrangement of windows. They're lined up under/over each other, and each floor's worth has its own consistent size, shape and ornament. They're grouped in threes, three on each floor of the projecting pavilion at each end of the facade, three for the centered entry porch, and three to each side of it. Symmetry like this, with the monumental double staircase, too, is very Beaux Arts-Classical in style.

The Paris Ecole des beaux Arts is where the school's architect studied from 1872 to 1874, SF's earliest confirmed product of that prestigious institution which influenced much American Architecture around the turn of the century, including our Civic Center. St. Rose's architect was Albert Pissis (1952-1914), born in Guymas, Mexico, and a San Franciscan from the age of four.

Pissis (pronounced PIE-sis) was rated by a colleague in the local architects' magazine of 1909 as "responsible for more graceful, dignified and well-planned structures on the streets of San Francisco than any single practitioner in the Bay City." In 1889 he had designed the city's first Beaux Arts-Classical building, the Hibernia Bank still at Jones and McAllister. St. Rose's is practically a textbook, though low-budget, example of the style. Originally it had a typical roof enrichment: a cupola on the box behind the central triangular pediment, one rather like the remnant that now squats on the lawn of the new Little Sisters of the Poor building on Lake at Third Ave. Their former building was a Pissis design.

The 1909 article pictured 44 Pissis buildings. There's the Emporium, the Flood Building across Market, the old

White House at Grant and Sutter, the Mechanics Institute on Post, and so on. Our neighborhood has monumental Pissis buildings too, the Medical Library at Sacramento and Webster, Temple Sherith Israel on California, and St. Rose Academy.

This building was constructed between March 1903, when the Dominican Order leased the land to the school, and its dedication in March 1906. It weathered the earthquake one month later with only some \$10,000-worth of damage to plaster and such.

It seems to have performed not much worse in the 1989 quake, though of course inflation has changed the repair figure. There is some cracking at the rear on a line between the second and third stories, but a National Park Service structural engineer who looked at it from the outside judged that the building itself is not in danger of collapsing structurally. The damage, though frightening when it happened, is probably only cosmetic and could be repaired. With money.

What happens to the building now? St. Rose has neither the money nor the desire to repair it, and the Dominican landowners are concentrating their bricks-and-mortar fundraising on St. Dominic's Church. If the school does close permanently, I hope another use can be found for its building. Our neighborhood needs to keep this "graceful, dignified and well-planned structure."

Antique education, from page 15

break them up into two columns, those you wish to keep and those you would prefer to dispose of. Make up a new list, beginning with the rooms you have and

items you hope to acquire, here a little dreaming will do no harm. Should you wish, make copies and mail them to me at the newspaper with your thoughts, please include a stamped addressed envelope if you desire a reply.

I would like to share with you my favorite quote from an unknown connoisseur:

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EXERCISE
Cathedral Hill Plaza Athletic Club
1333 Gough 346-3868
Fillmore Fitness
2358 Pine 567-3810

FASHION
Invision
1907 Fillmore 563-9003
Mio Inc.
2035 Fillmore 931-5620
Tangerine
2505 Sacramento 928-4404
Toujours
2484 Sacramento 346-3988

FINANCIAL INSTITUTIONS
Bank of America
2310 Fillmore 622-4213
Wells Fargo Bank
2100 Fillmore 396-2753

GIFTS
Kay's Elegant Treats
1810 Fillmore 563-4276
Main Line Gifts
1928 Fillmore 563-GIFT

GALLERIES
Mesa Gallery
2178 Bush Street 921-3592

HEALTH CARE
Victorian Convalescent Hospital
2121 Pine 922-5085

**HOME DECORATING
AND FURNISHINGS:**
Color Scheme
2047 Fillmore 346-0700
Fillmore
2185 Fillmore 931-2224
Le Comfort Bath Shop
2105 Fillmore 922-2929

INSURANCE
Doug Lehr (State Farm)
2316 Fillmore 931-6111

LIQUOR
BI-Rite Liquors:
2066 Fillmore 346-1400

MARKETS & SPECIALTY FOODS
Flying Salmon
2512 Sacramento 567-4444
Grand Central, Enrico's Meats,
Vigilizio Deli
2435 California 567-4902
Weldon's Market & Deli
1981 Sutter 563-0190
HasBeans
2411 California 563-0226:
Pacific Heights Market & Deli
1971 Fillmore at Pine 921-9300

MEN'S CLOTHING:
Bucks
2033 Fillmore 673-0360

OFFICE SUPPLIES
Brown Bag
2000 Fillmore 922-0390

OUTINGS
Pic-Nic-Nac
2291 Pine 921-4800

PETS
Pets Unlimited
2343 Fillmore 563-6700

REAL ESTATE
Keynote Properties
1801 Fillmore 563-5900
McCauley - Wilson
2190 Bush 346-6300

RESTAURANTS
Curbside Cafe
2417 California
DePaula's
2114 Fillmore 346-9888
Harry's
2020 Fillmore 921-1000
Jacks
1601 Fillmore 567-3227
Jackson Fillmore
2506 Fillmore 346-5288
La Mediterranee
2210 Fillmore 921-2956

RESTAURANTS (Cont'd)
La Fiammetta Ristorante
1701 Octavia 474-5077
Leon's Bar-B-Que
1911 Fillmore 922-2436
May Sun Restaurant
1740 Fillmore 567-7789
Mi-Burrito
1947 Fillmore 563-3509
Pacific Heights Bar & Grill
2001 Fillmore 567-3337

SPAS
Kabuki Hot Springs
1750 Geary
922-6002

THEATER
AMC Kabuki Theatre
1750 Geary 931-9800

THRIFT STORES
Goodwill
2042 Fillmore 931-1750
Next To New Shop
2226 Fillmore 567-1627
Repeat Performance
2223 Fillmore St. 563-3123
Seconds To Go
2252 Fillmore 563-7806

TRAVEL
Pacific Heights Travel
2211 Fillmore 931-8000